

Monday	Tuesday	Wednesday	Thursday	Friday				
bravo!								
29	30	31	1 Happy New Year!	2				
bravo!								
5 Cheeseburger Tater Tot Casserole Chicken Quesadilla FEATURED VEGGIES Tater Tots Baby Carrots	6 Toasted Cheese Cheeseburger FEATURED VEGGIES Tomato Soup Strawberry Spinach Salad	7 Pizza Casserole with Breadstick Sloppy Joe FEATURED VEGGIES Steamed Green Beans Side Salad	8 Hot Ham & Cheese on a Pretzel Roll Taco Wrap FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	9 Buffalo Chicken Dip with Tortilla Chips Beef & Cheese Quesadilla FEATURED VEGGIES Lemon-Parmesan Broccoli Cucumbers				
bravo!								
12 Spaghetti with Homemade Meatballs & Breadstick Toasted Cheeseburger Flatbread FEATURED VEGGIES Steamed Green Beans Tomato Mozzarella Salad	13 Nachos Grande with Yogurt Cumin Crème Chicken, Bacon, Ranch Wrap FEATURED VEGGIES Ranch Refried Bean Dip Fresh Pico de Gallo	14 Chicken & Waffles Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Mashed Potatoes Spinach Salad	15 Stromboli w/Sauce Italian Sausage FEATURED VEGGIES Cheesy Broccoli Tomato Mozzarella Salad	16 Buffalo Chicken Flatbread Beef Taco FEATURED VEGGIES French Fries Fresh Broccoli				
bravo!								
19 Penne Pasta Bake Ham & Cheese Croissant FEATURED VEGGIES Steamed Peas Cherry Tomatoes	20 BBQ Chicken, Bacon & Cheddar Flatbread Pizza Burger FEATURED VEGGIES Chicken Noodle Soup Baby Carrots	21 Mashed Potato Bowl w/Breadstick Turkey Ranch Wrap FEATURED VEGGIES Mashed Potatoes Fresh Cauliflower	22 Toasted Cheese Corn Dog FEATURED VEGGIES Tomato Soup Fresh Cucumbers	23 Buffalo Chicken Cheesesteak Sub Italian Toaster Sandwich FEATURED VEGGIES Au Gratin Potatoes Cilantro Lime Slaw				
bravo!								
26 Chicken Alfredo w/Breadstick Cheeseburger FEATURED VEGGIES Steamed Peas Carrot Sticks	27 Walking Taco Cheesy Garlic & Chicken Wrap FEATURED VEGGIES Seasoned Rice Tossed Salad	28 Hot Pork Sandwich w/Gravy BBQ Ribby Sandwich FEATURED VEGGIES Mashed Potatoes Chickpea Salad	29 Buffalo Chicken over French Fries Turkey Club FEATURED VEGGIES French Fries Coleslaw	30 Buffalo Chicken Flatbread Italian Dunkers with Marinara FEATURED VEGGIES Steamed Green Beans Tomato Mozzarella Salad				
MUASD	Meal Prices							
Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com	Student Lunch FREE Extra Lunch \$3.00 Faculty Lunch \$4.85							
								
Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.								
								
What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.								
Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables								
Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice								
Choice of Milk 1% white, fat-free chocolate								
Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps Weekly Pizza Specials PB&J								
								